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Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE!

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June 26, 1944

ECONOMICAL MEAT DISHES

With meat unrationed (except beef), let's watch our menu-planning and serve the unrationed meat whenever possible. This way everyone will be sharing in the present food supply.

In all meats the choice cuts are good for short orders — but expensive! In many instances the less expensive and less popular cuts of meat lend themselves to tasty and appetizing dishes. Planning of economical cuts shows good managing of food costs.

Vary the entree of the daily menu to include such dishes as:

- Meat Casseroles
- Pot Roasts
- Goulash
- Sauerbraten
- Braised Neck Slices
- Variety Meats

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U. S. DEPARTMENT OF AGRICULTURE

Your customers will enjoy attractive new dishes.

Restaurateurs, Chefs and Dietitians of Institutional Feeding can play a big part in educating the public to something besides steaks and chops. The same food value can be obtained from cuts of meat that are not as much in demand (chuck, shoulder, breast, shank) as rib cuts and steaks.

Proper food selection is essential to good health. In many of the dishes utilizing economical cuts of meat you can include more of the necessary foods, for instance, vegetables, eggs and milk.

(over)

WAR FOOD ADMINISTRATION OFFICE OF DISTRIBUTION

Industrial Feeding Section-Room 647-821 Market Street San Francisco, 3, California
Telephone Exbrook 8381-Ex,47

RECIPES -SCALLOPED LAMB

Ingredients	S e r v i n g s		
	20	50	100
Lamb, cooked	6 lb.	15 lb.	30 lb.
Cracker Crumbs	6 oz.	1 lb.	2 lb.
Butter or Margarine, fortified	3 oz.	8 oz.	1 lb.
Macaroni	1-1/2 lb.	3-1/2 lb.	7 lb.
Tomato Sauce	1 qt.	2-1/2 qt.	5 qt.
Season to Taste			

Cut thin slices of lamb or mutton and sprinkle with salt and pepper. Cover bottom of greased baking dish with buttered cracker crumbs; cover crumbs with meat; cover meat with boiled macaroni and add another layer of meat and macaroni. Pour tomato sauce over and cover with buttered cracker crumbs. Bake in a hot oven until crumbs are brown.

PORKMEXICAN MEAT PIE

Ingredients	S e r v i n g s		
	20	50	100
Ham, smoked	2-3/4 lb.	7 lb.	14 lb.
Veal, fresh	2-3/4 lb.	7 lb.	14 lb.
Fat	3 oz.	8 oz.	1 lb.
Onions, chopped	10 oz.	1-1/2 lb.	3 lb.
Tomatoes	2-5/8 lb.	6-1/2 lb.	13 lb.
Bay leaves	2	4	8
Red peppers, chopped	10 oz.	1-1/2 lb.	3 lb.
Parsley, chopped	1 oz.	2 oz.	4 oz.
Mace	1/2 tsp.	1/2 tbsp.	1 tbsp.
Cloves	1/2 tsp.	1/2 tbsp.	1 tbsp.
Prepared Dry Cereal Flakes	4 oz.	10 oz.	20 oz.
Season to taste			

Cut ham and veal in 1 inch cubes, roll in flour and saute in fat until browned. Remove meat from pan; add onions, peppers, tomatoes, parsley and seasoning. Cook 5 minutes, being careful not to brown. Add meat; cover with crushed cereal flakes and bake in moderate oven for 30 minutes.